MEN’S KING OF THE CREASE DRILL

AUTHOR INFORMATION:

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Author School:

DRILL SPECS:

Drill Theme: Defensive Drills
Field Location: Half Field
Time Needed: 5 Min

Drill Style: Skill, Warm-Up
Field Position: Offense, Defense
Skill Level: Advanced

OBJECTIVE:

To teach defensive sliding, extending and recovery.

DRILL DESCRIPTION:

Player X2 starts by split dodging D2. D2 calls “Fire” as X2 is beginning his dodge. The “Fire” call tells D3 to slide to X2. On the fire call, D2 leaves X2 and recovers to replace D1, who has slid to cover X3. X2 passes the ball to X3. X3 can either shoot or look to pass to X1 if the defense has not recovered.

SKILLS PRACTICED:

• Defensive Positioning
• Communication
• Defensive Footwork
• Sliding and Crashing
• Denying cuts and passes defensively

VARIATIONS:

Attack the goal from multiple locations. Allow it to become a 1v1 with the offensive player (X1 or X3) shooting should he beat the defender.

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